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WANYEE LI/METRO

PARADE OF THE PENGUINS

Vancouver Aquarium celebrates World Penguin Day the only way that makes sense

metroNEWS

Greens get top marks for clarity

BC*Votes* 2017

Expert argues gaps in Liberal, NDP platforms confuse voters

Jen St. Denis
Metro | Vancouver

The BC Greens have only ever managed to elect one MLA and have never formed government. But a B.C.-based economist is giving their platform top marks for clear, sensible policy — in contrast to the BC Liberals' and BC NDP's.

"So far it's been very impressive," said Lindsay Tedds, a professor at the University of Victoria's School of Public Policy. "It's sensible, it's realistic."

When it comes to assessing the platforms, Tedds warns that there are some "bombs" in all of them: promises that are unclear, impossible to implement or don't include enough information to assess how government would cover costs. Tedds jokingly refers to the Greens as "a card-carrying member of the economist party," referring to a platform that features economist-approved policies like mobility pricing — a comprehensive tolling system designed to reduce congestion. The Greens have also been "crystal clear" that they will roll medical service premiums (MPS) into the income tax system and make it more progressive (wealthier people pay more, poorer people pay less).

Not everything checks out.

The BC Greens have said that when a home seller's lifetime profit reaches more than $750,000, that capital gain should be taxed. Tedds points out that provinces do not have the authority to tax capital gains from the sale of a principal residence: that's under federal control.

Lindsay Tedds CONTRIBUTED

As for the NDP, Tedds likes its renter grant, arguing that if the province is going to keep doling out the homeowner grant (at a cost of $821 million) it's fair to give renters some help as well (at a cost of $265 million a year).

The biggest question voters should have about the BC NDP platform is how an NDP government would pay for the very big-ticket items it has promised: eliminating MSP and creating a $10 a day childcare system. The party says it has "fully costed" its plan and will raise revenue from raising taxes on corporations and people who make over $150,000.

But it's not clear what an NDP government would do to replace MSP. The party says it will go ahead with a 50 per cent reduction promised in the BC Liberals' latest budget and will eliminate the fee within four years, but will form a panel to look at how to make up the lost revenue.

Tedds has called the BC Liberal platform a "meh" platform, pointing out on her blog that if you're fine with the status quo, you'll probably like this platform. Tedds says that the Liberals' promise to eliminate MSP has no more clarity than the NDP's commitment. And while the party promises various new tax credits (for instance, a tax credit on BC Ferries fares), it fails to clarify whether the credits are refundable or non-refundable.

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metro NEWS

Your essential daily news

French establishment forms alliance aimed at keeping Le Pen out of power. **World**

‘There was such a magic to him’

ART

Beau Dick’s informal agent of 20 years reflects on his impact

Cara McKenna
For Metro | Vancouver

Gallery owner LaTiesha Fazakas and the late Beau Dick at Fazakas Gallery. Fazakas will soon be releasing a documentary about the famed artist’s life. COURTESY LATIESHA FAZAKAS

When LaTiesha Fazakas opened her own art gallery on the Downtown Eastside in 2012, it was largely because of famed carver Beau Dick.

She became Dick’s art dealer, friend and informal agent after they first met in 1999 while she worked for another gallery. They got along so well, that Dick encouraged her to open her own gallery so he could have a sole venue to show and sell his masks.

The Northwest Coast artist was a big part of her life, and since he became ill and died in March, Fazakas continues to feel his impact.

“Now that he’s gone, it’s devastating. Although I still feel him around, his presence is still here,” she said.

“Different things keep coming up that I have to deal with and I keep laughing, because he’s going to keep me working for the next, I don’t know how many years.”

Dick, a hereditary Namgis chief, was notoriously very traditional and didn’t have much interest in selling his work, unless it was to fund potlatches in his home community.

> **I felt very strongly that he was the greatest contribution to art that Canada could ever have claim to.**
> LaTiesha Fazakas

Fazakas said she was one of few gallery owners who understood those goals, which is why they worked together so closely.

“We really got each other and I really felt like there was such a magic to him,” she said.

“I felt very strongly that he was the greatest contribution to art that Canada could ever have claim to.”

Over the years, she helped him get pieces into several high-profile exhibits outside of British Columbia, which most recently meant planning a contribution to Europe’s prestigious months-long art event Documenta.

Dick spent some of the final months of his life working tirelessly to create about 50 masks to be displayed and danced this summer in Athens and Kassel, Germany, but he unfortunately never made it.

“It was kind of up to us to make sure it had a voice of Beau in there somewhere,” she said.

“It worked out really quite beautifully.”

When the masks return to B.C., some of them will be burned in ceremony at Dick’s memorial potlatch.

Fazakas is considering displaying others in her gallery so the public will have a chance to see his final works.

She will also soon be releasing a documentary about the artist, which Fazakas spent seven years working on and coincidentally went into post-production shortly before he died.

Beau Dick: Maker of Monsters follows the artist and chief during copper-breaking ceremonies in Victoria and Ottawa, along with other parts of his life.

“It will be released very soon, we’re just doing the finishing touches on it,” she said.

“I wanted it to be informative but also a joy to watch.”

Currently, her gallery has four of Dick’s pre-Documenta works on display, which is a rare sight in Vancouver right now. But the public must hurry to get a look, because they will be taken down in coming days in respect of the artist’s death, as soon as the gallery finds a safe place to store them.

Fazakas Gallery is located at 688 East Hastings St.

“I really feel like he had just started to get the recognition that I thought he deserved for a very long career,” Fazakas reflected.

“He had this magical pull for everybody and most people who met him, they felt the magic, and that’s something that’s really special.”

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The Vancouver Aquarium has seven African penguins. The aquarium hopes the creatures will motivate people to help save the endangered species. WANYEE LI/METRO

Aquarium shows off birds for World Penguin Day

ECOLOGY

African species endangered due to overfishing

Wanyee Li
Metro | Vancouver

It's World Penguin Day on Tuesday, and while Vancouver is not the natural home of any penguins, the aquarium hopes its seven African penguins will charm people enough to save the endangered species.

The seven birds spend their days eating herring, playing with cat toys and waddling around the Vancouver Aquarium exhibit.

Each penguin has its own personality, said Kristi Heffron, a senior marine mammal trainer at the aquarium.

"They do like shadows, so sometimes we'll do shadows with our hands. There are other times where they'll amuse themselves chasing a bug around."

All seven penguins at the aquarium were bred at other zoos or aquariums through the species survival plan.

But their cousins in the wild are not so lucky. The African penguin population has been decimated by 95 per cent in the past two decades, largely due to overfishing, according to the aquarium.

Heffron hopes the aquarium's penguins can convince people to do what they can to help penguins in the wild. The biggest thing people can do is eat sustainably caught seafood, she said.

Wild penguins are monogamous for life and their counterparts at the Vancouver Aquarium are no exception. Six of the birds are partnered up, according to Heffron.

This pairing behaviour is not immediately obvious while the penguins are in the exhibit, but trainers say it's clear when the animals go to bed.

"At night, you can definitely see a preference. Steveston will like to hang out with Lillooet and vice versa," said Heffron.

The penguins, who are named after B.C. locations, wear coloured bands to help trainers identify them.

The seventh penguin, Hope, does not have a partner but seems especially interested in humans, said Heffron.

"She doesn't seem to mind that the other birds are paired up. She'll see us and run over to us to hang out with the trainers."

People can watch the penguins all day on the Vancouver Aquarium's penguin cam at vanaqua.org.

MEET THEM

- At the habitat exhibit from 10 a.m. to 5 p.m.
- At the Teck Engagement Gallery, where a penguin walks around freely with trainers (2:15 p.m. Tuesday)
- Penguin Talk, when a trainer presents at the habitat exhibit (4 p.m. Tuesday)
- People can also book a personal encounter with a penguin through the aquarium.

SPCA

Raid finds puppies in tiny cages

David P. Ball
Metro | Vancouver

One dog and two puppies trapped inside a cage meant for rodents.

Dogs forced to sleep in chicken feces in a coop reeking of urine.

Four cats without nearly enough air or light.

These are just a few of the 30 animals the B.C. Society for the Prevention of Cruelty to Animals (SPCA) has rescued from a remote property in Lillooet, north of Whistler, in the past month.

The non-profit agency described the rescued animals as "suffering from severe neglect" in a press release Monday.

A total of 24 dogs — 15 of them Havenese breeds, eight Yorkie-cross and one "emaciated" Husky-cross — and six cats were seized by enforcement officers in several raids on the property.

The first raid happened on April 5 but was not publicized at the time because the SPCA "were working with the owner to get more animals surrendered to us," explained spokesperson Lorie Chortyk in an email Monday, "and we didn't want to 'spook' her during these negotiations."

30
A total of 30 animals were seized in several raids

Finally, this past weekend, the animals' owner surrendered eight more dogs and two cats.

The dogs and cats are now in animal-rescue shelters in Kelowna and Kamloops, the SPCA said. Officers are still investigating and may press animal-cruelty charges.

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Clark's donation promise

BC Votes 2017

U.S. lumber cash won't take focus off B.C. workers, says Premier

British Columbia Liberal Leader Christy Clark says the difference between her party accepting donations from American lumber companies and NDP Leader John Horgan welcoming support from a forestry union with ties to U.S. industry is that she won't allow the money to influence her commitment to putting B.C. workers first.

Clark said Monday the New Democrats can't be trusted to side with British Columbians after it emerged that the salaries of some of the NDP's senior campaign staff were being paid by the United Steelworkers Union, which represents 40,000 forestry workers across Canada.

A spokeswoman for the NDP said a "handful of staff," including the party's deputy director, are being paid by the Steelworkers and "some other organizations."

Liberal Leader Christy Clark climbs a stack of wood during a campaign stop at StructureCraft Builders in Delta, B.C. A provincial election will be held on May 9. DARRYL DYCK/THE CANADIAN PRESS

The Steelworkers' American wing has sided publicly with U.S. President Donald Trump in supporting some protectionist policies that would hurt B.C.'s forestry sector. ElectionsBC figures show the New Democrats accepted over $672,000 from the Steelworkers last year.

"It is not the same," Clark said when asked how she could criticize the NDP while her Liberal party accepted $241,000 in donations from Weyerhaeuser dating back to 2005. The company has a large stake in the lumber industry in both Canada and the United States.

"I mean, everybody takes donations," she said. "But the thing is, does the donation change your decision? Does the donation mean you give up on B.C. forestry workers? In John Horgan's case it does."

A spokesperson from Weyerhaeuser was not immediately available for comment.

Horgan countered that Clark and the B.C. Liberals have been bought by the same "greedy lumber barons" she complained about last week in reference to the softwood dispute between Canada and the United States.

> **"I mean, everybody takes donations. But the thing is, does the donation change your decision? Does the donation mean you give up on B.C. forestry workers?**
> Christy Clark

"For the B.C. Liberals to say from the first-class lounge that the big lobbyists and the big donors don't have influence, I'll leave that to your readers to decide," Horgan said.

Campaign finances have emerged as a key issue in B.C.'s provincial election, with both parties accusing the other of selling out to influence-peddlers. THE CANADIAN PRESS

POLITICS

Liberals defiant over wood

Matt Kieltyka
Metro | Edmonton

Premier Christy Clark intends to meet with cabinet after the United States announced Monday its intention to introduce duties on imported softwood lumber of 20 per cent.

The move was expected: the historic dispute over lumber pricing has led to once-a-decade trade skirmishes over the issue, resulting in American duties, then the inevitable court battles, and ultimately negotiated settlements.

What wasn't expected Monday was the enthusiasm with which the new American administration flung itself into the lumber hostilities, touting its incoming countervailing duties as an example of U.S. President Donald Trump's tough, America-first trade posture. In a statement Monday Clark struck a defiant tone.

"We will only accept a new agreement that works for B.C. We will fight, and we will win," Clark said.

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Scott Jennings is a firefighter who has just returned to the Fort McMurray area for the new season. This spring, fire teams are hoping to put lessons learned from last year's disaster to use.
JENNIFER FRIESEN/FOR METRO

Wildfires get 'more complex'

SAFETY

Emergency experts explain major lessons from disaster

Alex Boyd
Metro | Edmonton

Buried underground on the western shore of Gordon Lake in northern Alberta, the forest fire dubbed "The Beast" lives.

Not that Bernie Schmitte, the forest area manager for Fort McMurray, uses that moniker.

"We don't name our fires after mystical creatures," he said dryly.

His team is now gearing up for a new fire season — and learning from last year.

He is in charge of both forest management and firefighting for an area of boreal forest that starts south of Fort McMurray and stretches up to the Northwest Territories.

His Fort McMurray office is a command centre full of screens that track everything from the location of water bombers and lightning strikes, to the amount of food each camp has in stock.

"Wildfires are becoming larger and more complex and harder to fight," he said, noting his department constantly evolves to keep up.

The Fort McMurray fire drove home lessons about the importance of building relationships between governmental departments, as well as between government and industry, Schmitte said.

"We've learned that sometimes we should do more than just phone calls," he said.

His department is also rolling out improvements that were in the works before the fire, like adding an extra fire crew, enabling fire watch towers to upload weather automatically and hammering out a new fire management plan for the area.

Still, he said his job is a constant balancing act between public safety and the reality of being located in the heart of the boreal forest.

Kerry Anderson, an Edmonton-based fire research scientist with the Canadian Forest Service said that the Fort Mac fire has "elevated the urgency" of ongoing work to make a better model to predict the behaviour of large fires.

"Fire is a natural part of the ecosystem," he noted. "The cones of some trees are waiting for a forest fire to come through before they open up and reseed the forest. It's a forest designed to live and breathe fire."

Since fires are a given — and becoming more frequent thanks to climate change — more accurate predictions are a necessity.

Even last year, models predicted above average fire risk thanks to warm temperatures and a lack of precipitation, Anderson said. ("Now does that qualify as a prediction of a catastrophic fire that would burn down Fort McMurray? No it doesn't," he added.)

Part of the answer may lie in a new American technology called FireTec that was brought to Alberta after the Slave Lake fire in 2011. It uses a super computer to model how fires behave on the landscape. If scientists understand that better they can start introducing defensive measures like fuel breaks, which are gaps in vegetation created to slow a fire down, Anderson said.

It's only been in use here for about a year, but Anderson said scientists hope to use it to study what happened in Fort McMurray last year. The province is expected to release a review of the fire response in May, along with recommendations. The RCMP is also still at work on its investigation into the cause of the fire, which is still technically burning.

After monitoring the embers through the winter, crews deemed the fire no longer a threat, Schmitte said, but the goal is still 100 per cent extinguishment. So helicopters will soon drop crews at Gordon Lake to dig out the remaining hotspots from the Horse Creek fire (the official name) and extinguish them once and for all.

"We don't say that a fire is extinguished," Schmitte said, "until it's certain that there are no further hot spots."

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FRANCE

Old guard rallies to keep Le Pen out

France's established parties are rallying around the man who helped shut them out of the presidential runoff, maverick centrist Emmanuel Macron — an alliance of convenience aimed at keeping far-right Marine Le Pen out of the Elysee Palace.

Support for Macron poured in from the seat of the European Union, as well as German Chancellor Angela Merkel and Jewish and Muslim groups troubled by Le Pen's nationalist vision.

European stock markets surged, and France's main index hit its highest level since early 2008, as investors gambled that the rise of populism around the world — and its associated unpredictability in policymaking — may have peaked.

For all the paeans to Macron's unifying vision in divided times, it is now up to French voters to decide whether to entrust him with this nuclear-armed nation in the May 7 presidential runoff. Polls consider him the front-runner but that's no guarantee the French will stop Le Pen the way they stopped her father, Jean-Marie Le Pen, from reaching the presidency in 2002. THE ASSOCIATED PRESS

Marine Le Pen AFP/GETTY IMAGES

AIRLINES

Lawyer represents two viral video passengers

The woman seen sobbing in a viral video after an American Airlines flight attendant took away her stroller now has a lawyer — the same attorney representing a man dragged off a United Express flight earlier this month.

The Chicago lawyer, Thomas Demetrio, says the flight attendant was "out of control" and nearly hit one of the woman's two young children with the stroller.

An American Airlines spokesman said they refunded the woman's tickets and upgraded her to first class for the rest of her trip to Argentina.

Two weeks earlier, airport police dragged a passenger off a plane when he refused to give up his seat for an airline employee.

The videos have put airlines on the defensive in the court of public opinion.

"We live in the age of cellphone video, so corporations have to take heed," Demetrio told NBC-TV. THE ASSOCIATED PRESS

IN BRIEF

Africa trials malaria vaccine
Three African countries have been chosen to test the world's first malaria vaccine, the World Health Organization announced. Ghana, Kenya and Malawi will pilot the injectable vaccine next year with hundreds of thousands of children, who have been at highest risk of death. THE ASSOCIATED PRESS

Former U.S. president Barack Obama visits with youth leaders at the University of Chicago in his first formal public appearance since leaving office. GETTY IMAGES

Obama opens up on leadership, listening

CHICAGO

Full of advice at university talk, but no comment on successor

Former U.S. president Barack Obama used his first public appearance since leaving office to dole out advice to young people on leadership, managing social media and even marriage. What he didn't do was mention his successor.

At a forum Monday for students at the University of Chicago, adjacent to where his presidential library will stand, Obama talked about his formative experiences as a community organizer and as a young politician running for office in Illinois. But for much of the panel event, he listened.

"Although there are all kinds of issues that I care about and all kinds of issues that I intend to work on, the single most important thing I can do is to help in any way I can to prepare the next generation of leadership to take up the baton and take their own crack at changing the world," Obama said during event, which was invite-only and streamed live online.

He told the hundreds of area students in the audience that his focus after holding the nation's highest office will be civic engagement with young people, and that he hopes his presidential library, which will stand near the edge of campus, will be part of that mission.

> **Listen to understand. I learned that in marriage.**
> Barack Obama

His first public engagement Monday came as President Donald Trump neared his 100-day mark in office. But Obama shied away from addressing specific policies or his own two terms as president. When it came to current events, he stuck to generalities.

He also dropped in a marital tidbit, saying it's best to "listen to understand" instead of listening "to respond."

"I learned that in marriage," he said to laughs from the audience. "That'll save you a lot of heartache and grief."

Obama said his work as a young organizer, which included meeting with Chicago public housing residents, laid the foundation for his time in office.

"This community gave me a lot more than I was able to give in return," he said.

"This community taught me that everybody has a story to tell that is important." THE ASSOCIATED PRESS

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U.S. firm to tackle gender equality

#WomenOnBoards

Not having diverse boards can cause struggles

Ryan Tumilty
Metro | Ottawa

A U.S. firm whose aim is to bring more women to corporate boards is expanding into Canada. ISTOCK

An American firm meant to bring more women to corporate boards is expanding into Canada, with the company set to ring the opening bell at the Toronto Stock Exchange Tuesday.

The Boardlist began in Silicon Valley as a website that uses nominations to highlight women who could be available to join a corporate board. The company currently has 1,600 women available, who have been recommended by their industry peers.

Sukhinder Singh Cassidy, the company's founder, said Canada made sense as an expansion hub, not only because it's close, but also because Canadian companies and the government are concerned about representation.

"I am excited to see Canada has had a gender diversity agenda, driven by the prime minister," she said. "It felt like it was a very right market for us to expand into."

The company launched in the U.S. a year and a half ago and has grown steadily. Cassidy said not having a diverse board can stop companies like tech startups from seeing why they struggle to attract staff.

"These gaps are some of the things that are preventing them from being able to harness the power of the workforce."

She said companies are also seeing a generational change in leadership and realize they have to transform. "There is pressure to add new directors and particularly new directors that understand new customer segments like millennials."

She said bringing the company to Canada will expand the pool of qualified women that can serve on boards, and expose qualified Canadians to new opportunities.

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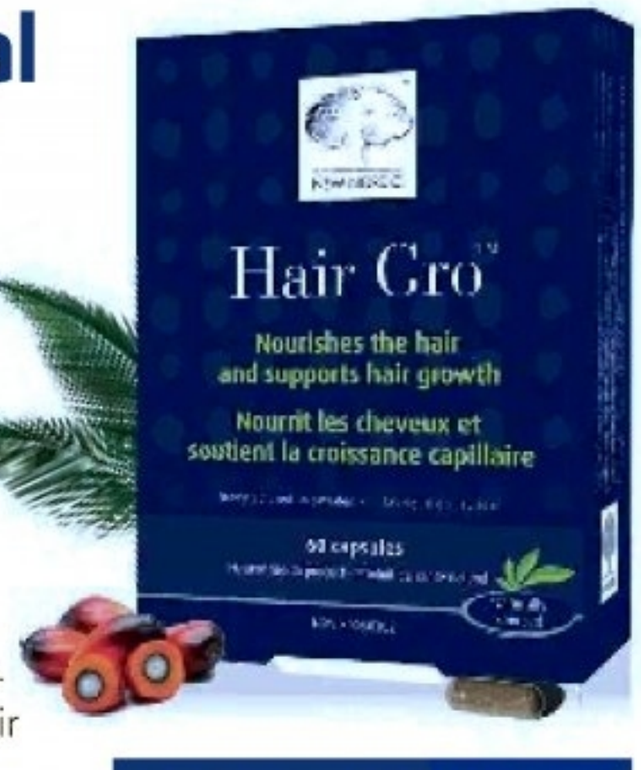
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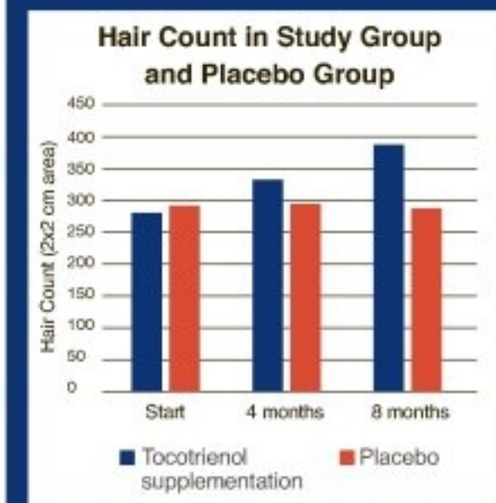
It is known that supplements can increase hair health and volume to some degree, but to find a supplement that can increase hair growth strongly is rare. Still, this is what scientist are finding when studying palm oil extracts.

A recent study was done at the University of Malaysia with 38 people suffering from hair loss (alopecia)*. They were told to take a palm oil extract containing a special ratio of "super-antioxidants" called tocotrienols, known to lower oxidation in the scalp and thus allow for better – and new - hair growth. The results were surprisingly good!

In Canada, this complex of tocotrienols is now available in the Health Canada licensed product called Hair Gro™ from New Nordic. Hair Gro is available now at participating pharmacies and health food stores. For more information or to purchase directly, please visit our website or call: 1-877-696-6734.

STUDY RESULT:

Researchers studied an area of the scalp equal to 2x2 cm and counted the hairs at the beginning of the study, at 4 months and at 8 months. At the end of the study, the participants on the tocotrienol supplement had gained 34.5% more hair or an increase in average hair count from 285 to 383 hairs. Most of the group showed increases of 10-25%, but 40% of the group had more than 50% increase in hair growth. And only one person did not have any results.



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*Tropical Life Sciences Research 2010 "Effects of Tocotrienol Supplementation on Hair Growth in Human Volunteers" Beoy, Woei et Hay, University Sains Malaysia. To make sure this product is right for you, always read the label and follow the instructions.

metro CITIES
Your essential urban intelligence

PHILOSOPHER CAT by Jason Logan

BLUEPRINT by David Hains/Metro

Five ways San Fran fixed parking

Everyone hates parking. Drivers can't find spaces when they need them, non-drivers argue it's mismanaged real estate, and despite all the frustration nothing changes. But it doesn't have to be this way. San Francisco tired of the status quo, so they harnessed the power of parking for good with SFpark, a $40-million program to save the city time, money and grief.

1. To get better data, the city installed sensors in asphalt to see when spaces were empty, and adjusted prices up or down by 25 cents based on demand.

Outcome: The target occupancy is 60 to 80 per cent. With the app, the city hit that goal 31 per cent more frequently than before, and parking was totally full 16 per cent less often.

2. Drivers searching for spaces are a leading cause of congestion, with some studies suggesting they cause as many as half of all traffic jams.

Outcome: By always having spots available, cruising went way down – the average search time decreased by five minutes.

3. Less time circling blocks to find parking means less pollution, congestion, and miles travelled — all good things.

Outcome: Congestion in peak hours declined by 3 per cent, total miles traveled declined by 30 per cent, and so did greenhouse gases emitted by cars.

4. Variable pricing means parking became more costly next to the baseball stadium during games, but more affordable in off-peak times.

Outcome: More spaces were free and the average cost decreased by 4 per cent. At the same time, parking revenue increased, thanks in part to better payment technology.

5. How much more attractive was it for people to shop or dine in the SFpark pilot areas compared to the control group?

Outcome: There was a 30 per cent increase in drivers and passengers in the pilot project area, compared to 9 per cent in the control area.

EDUARDO LIMA/METRO

WORD ON THE STREET by Luke Simcoe for Metro

A toast to the city-building power of craft breweries

Urban renewal is brewing in Pittsburgh, Pa.

I visited the rust belt city recently to bask in the art and architecture on offer, and check out the city's burgeoning craft beer scene.

Throwing back a pint is hardly an unusual vacation activity, but in Steel City, it's where you imbibe that's interesting.

I washed perogies down with a lager made on-site in a former church. I drank a dry cider in the backyard of the house it was fermented in. And I heard rumours of an excellent saison brewed at what was once a slaughterhouse.

Chatting with locals, I learned these microbreweries are important anchors in their communities. They draw residents and tourists to parts of the city where nightlife was previously absent and make it possible for people to walk to their watering holes. They create jobs and bolster other businesses, like the food trucks you find parked outside.

These benefits may be more pronounced in Pittsburgh, a city still finding its footing after the industrial collapse of the late 20th century, but they're not unique to the city. In Toronto, a bevy of new breweries turned formerly industrial areas in the city's west side into vibrant destinations.

While craft breweries can be a shortcut to urban renewal, they don't happen without good zoning laws. During a trip to Winnipeg in 2016, for example, I learned zoning rules prevent breweries from operating outside of industrial areas — not exactly patio-ready spots.

Fortunately, the city is now rethinking its regulations with an eye towards inviting would-be brewers downtown.

Adding beer to the menu in cities is just what urbanist thinker Jane Jacobs meant when she said "new ideas need old buildings." And let's be honest, there's few better places than the bar for sharing new ideas.

PUBLIC WORKS
The week in urbanism

TORSTAR NEWS SERVICE

BRIGHT IDEA
Kamloops, B.C., is getting a solar road. A new technology in Canada, the road on the Thompson Rivers University campus will have embedded solar panels, turning it into a power plant.

HELPING HAND
New York City's digital info kiosks are now even more helpful. In addition to providing free Wi-Fi and charging stations, the city is rolling out Aunt Bertha, an existing app that connects citizens to the social services they might need.

CITY CHAMP **Metro's Citybuilder of the week**

TWITTER

Kalen Anderson is the director of the City of Edmonton's planning department. She farms her backyard, promotes transparency in planning and has pushed infill housing to help the city grow and adapt.
@KalenAnderson

URBAN DICTIONARY

DEFINITION
The **setback** of a building is the gap between it and the street, other buildings or whatever may be adjacent.

USE IT IN A SENTENCE
The extra-wide **setback** on the new skyscraper downtown left plenty of space for sidewalks and a decorative fountain.

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Kendrick Lamar will tour his album Damn this summer, playing Vancouver Aug. 2

'I remember choking you'

DOMESTIC ABUSE

Documentary sees ex-couple discuss their violent past

A Better Man follows Attiya Khan and ex-boyfriend Steve as they discuss their former relationship. Steve abused her when they were teenagers. Sarah Polley is an executive producer on the documentary. CONTRIBUTED

Attiya Khan, sitting across the table from her former boyfriend, asks if he can describe the way he abused her.

"Oh yeah," he says. "That's tough. That never leaves your mind."

Steve — who abused Khan daily for the two years they dated and lived together as teenagers, decades before this meeting — swallows, looks down, shakes his head and then looks back at her.

"I remember choking you. I don't really remember hitting much, but I remember that."

This is one of several pointed questions Khan asks in a consensually-taped conversation that opens A Better Man, a dialogue-driven documentary that looks deep into an abusive relationship as it was experienced and continues to linger through the lives of both people involved.

The documentary, co-directed by Khan and filmmaker Lawrence Jackman, will have its world premiere at Toronto's Hot Docs festival on Sunday.

In the film, Khan, 43, and Steve, whose surname is undisclosed, visit the Ottawa apartment they used to share, walk through the halls of their former high school and discuss their past with and without a counsellor present. They recall details of the violence that occurred throughout their relationship.

"There is something so satisfying about being able to tell the person who hurt you what exactly it is they did," Khan said. She says when Steve started being accountable for his behaviour, 20-plus years later, she felt she was finally able to start healing.

"I no longer have nightmares about being hurt. Flashbacks are happening a lot less. I don't anticipate violence wherever I go. I'm sleeping better. I feel a sense of calm and happiness I haven't felt before," she says.

In the film, they find where their lockers used to be — Steve remembers the location, while Khan barely recognizes the hallways. She says she rarely looked up when she was a student, afraid Steve would catch her glancing the wrong way.

Beginning a couple of years after Khan left Steve, the two began bumping into each other in the streets. At one of the more recent encounters a few years ago, she asked him if he'd speak with her on camera about their relationship, suggesting the insight might be helpful to others experiencing violence.

About half a year later, he reached out. He was ready to try.

Early on, Khan had only planned to have a small role in the film. But she realized it might be tough to find others who would speak about their own violent actions. She wanted to show both sides of the story and have it led by someone who had experienced abuse, so she and Steve became the focus.

"It's not often we hear about people being accountable to those they have harmed."

Khan says that going into the project, she hadn't considered that people who have been violent could work toward living a completely non-violent life.

She says her talks with Steve changed the way she approaches her work as an advocate and counsellor for those who experience domestic violence. She thinks believing people can change can save lives.

"Many people don't want to hear from people who use violence. We hold anger towards people who have hurt others. This is a valid emotion. However, it's okay to care for someone who has used violence."

Both filmmakers say some scenes will be hard to watch and that it's intentional — they want to show what these discussions look like.

Another main theme in A Better Man is how trauma is amplified when no one intervenes.

"Intimate partner violence is not something we feel comfortable talking about or addressing as a society, and people are understandably afraid they'll be hurt if they intervene," Khan says. "But I needed the film to show how isolating and hurtful it was for me when people chose to look the other way."

To stop violence, Khan says, both the violent person and the abused person can benefit from access to resources and support.

"Talking to Attiya is the reason I'm healing," Steve said. "If we hadn't done this, she might know that I'm sorry, but those are just words. I'm hoping that sitting down and doing this is showing her how sorry I am."

Steve told Khan he never abused anyone before his relationship with her. Khan says she hasn't asked him whether or not he's ever used violence against anyone since. She says she knows revisiting their past was hard for Steve too, and thinks he was brave for taking part in the film.

Khan hopes her film makes it in front of policy-makers, and those in the criminal justice system and social services. "We all need to collaborate and invest in resources that provide a whole range of options for people who have experienced violence to find justice, support and healing. One path towards justice isn't enough." TORSTAR NEWS SERVICE

Sheryl Sandberg acknowledges not every woman can 'lean in'

NEW BOOK

Author sees shortcomings of her previous career advice

In Option B, Facebook exec Sheryl Sandberg recounts the grief she experienced after the death of her husband. She advises on how to come back stronger, with support. GETTY IMAGES

Though perhaps best known as Facebook's No. 2 executive, Sheryl Sandberg is also a mentor, a mother, a billionaire and an author. When her husband Dave Goldberg died suddenly in 2015 while they were vacationing in Mexico, she added "widow" to the list.

"The grief felt like a void, like it was sucking me in and pushing on me, pulling me in and I couldn't even see or breathe," she said. "People who have been through things like this told me it gets better. And I really didn't believe them.... I want other people going through things to believe it does get better."

Her new book, Option B: Facing Adversity, Building Resilience and Finding Joy, written with psychologist Adam Grant, chronicles the devastating loss, her grief and how she emerged from it with a new perspective on life. A humbled follow-up to her first book, Lean In, it's also a how-to, drawing from studies and the experiences of others to describe techniques for building strength and resilience and ways to support those going through hard times.

Sandberg also uses the new book to address what she now sees as shortcomings in the career advice she offered women in Lean In. Surveying the world as a wealthy corporate executive rendered her oblivious to circumstances faced by less fortunate women, she acknowledged. Not everyone can lean in; not everyone wants to.

"I didn't get it," she wrote. "I didn't get how hard it is to succeed at work when you are overwhelmed at home."

The most affecting parts of the book recount not just Sandberg's grief, but that of her children. When she had to tell them that their father died. When, arriving at the cemetery for his funeral, they "got out of the car and fell to the ground, unable to take another step. I lay on the grass, holding them as they wailed," unable to protect them from their sorrow.

It did get better, slowly. Sandberg returned at Facebook in a haze, unable to summon her previous self-confidence.

"I couldn't understand when friends didn't ask me how I was. I felt invisible, as if I was standing in front of them but they couldn't see me," she writes, adding later that by staying silent in such situations "we often isolate friends, family and co-workers."

At Facebook, Sandberg has long been an advocate of "bringing your whole self to work," meaning a willingness to share your personal life with co-workers. But this can get tricky when it comes to facing trauma. Sandberg found it difficult, and even considered carrying around a stuffed pachyderm to encourage co-workers to talk about the "elephant in the room."

Then one day, about a month after Goldberg died, she decided to post on Facebook about her grief, her gratitude toward her friends, and her related tumultuous feelings — for instance, coming to believe she would never again feel real joy.

The change was immediate. Friends, coworkers and strangers began reaching out.

"I know it almost sounds silly because I certainly work at Facebook and I know what Facebook's mission is," she said. "But experiencing it for myself was a very ... deep experience."

Talking about these things, as difficult as it might be, can be a lifeline. As is getting help at work, something Sandberg acknowledged not everyone can.

"Death is not the only kind of adversity that summons up the elephant," Sandberg wrote in the book. "Anything that reminds us of the possibility of loss can leave us at a loss for words. Financial difficulties. Divorce. Unemployment. Rape. Addiction. Incarceration. Illness."

A few weeks after she lost her husband, Sandberg was talking with a friend, making plans for someone to fill in for a father-child activity. Crying, she told the friend: "But I want Dave." He put his arm around her and said, "Option A is not available. So let's just kick the s— out of Option B."

THE ASSOCIATED PRESS

LGBTQ

Caitlyn's candid new book

Caitlyn Jenner opened up Monday about her frank new memoir detailing her now two-year-old transition and the bumps along the way, including her three failed marriages, thoughts of suicide while she was relentlessly pursued by paparazzi, and, finally, freedom to be her true self.

She describes her liberating, below-the-belt gender reassignment surgery, "The Final Surgery" as she calls it, on the very last page, insisting it's the last word for her about that.

She also addresses her conservative political views, but not so on issues important to the LGBTQ community as a whole, such as same-sex marriage.

"I needed to pour my heart out on everything," 67-year-old Jenner said. "What I was trying to accomplish is, one, get it all out for myself, so there was no other secrets left, but two, it was the way I dealt with my stuff."

The book has already brought on hurt tears from Jenner's third wife, Kris Jenner, whose closet Caitlyn once regularly raided, stealing moments to cross dress while struggling with her gender identity. They are moments, Caitlyn said, that Kris was well aware of for a long time.

"To be honest with you I haven't even talked to her about it," Jenner admitted.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Two minds can create Genius

THE SHOW: Genius, S1, E2 (NatGeo)
THE MOMENT: The meeting of minds

Johnny Flynn and Samantha Colley portray two beautiful minds meeting in Genius. CONTRIBUTED

University student Albert Einstein (Johnny Flynn) has met his match: Mileva Maric (Samantha Colley), the only woman in his physics program, and the only person to outscore him in math.

He wins her over by saying the exact thing they both long to hear: "I'm head over heels in love with your mind."

Now, in a scene of perfect contentment, she lounges on the floor in her chemise, a book open in her lap; he lies on his back staring at the ceiling; and they postulate ways that molecules might behave. (Here in the 1890s, they're still theoretical.)

Their eyes meet. She crawls toward him. He takes her in his arms. "Isn't it a miracle?" he breathes. "So many of us, millions and millions. However did we find each other?"

This 10-hour miniseries from producer/director Ron Howard is NatGeo's first foray into scripted fare; its free preview, on now, continues just long enough to get you hooked.

Howard has a soft spot for thorny geniuses – Apollo 13, A Beautiful Mind, Frost/Nixon, Rush. He loves celebrating their stubborn individuality, and he hits the motherlode with Einstein (played with his customary twinkle by Geoffrey Rush when the time jumps to 1930s Germany).

It's especially great that this series gives Maric her place in history. She and Einstein married, had children and divorced. Science disagrees whether she co-developed some of his theories, but this episode does more than suggest the possibility: It dramatizes the loneliness of genius, and the relief of finding a fellow beautiful mind.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

CELEBS ON INSTA MUSK STEPS OUT WITH AMBER HEARD
Both billionaire Elon Musk and actress Amber Heard posted pictures to their Instagram accounts Monday, showing Musk with lipstick on his cheek left behind from a kiss.

Musk wrote that he and Heard, who is filming Aquaman were dining with the film's director James Wan and producer Rob Cowan in Australia. They have also been photographed together zip-lining down under.

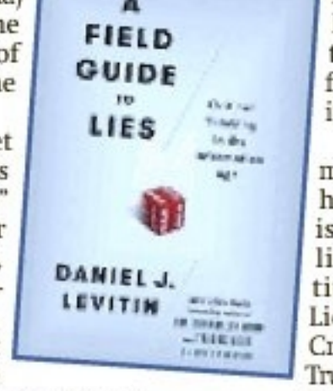
Musk has been married three times, twice to British actress Talulah Riley, and has five sons from another previous marriage. Heard and Johnny Depp settled a messy divorce last year. THE ASSOCIATED PRESS

FAKE NEWS

Guide to 'fake news' wins award

A timely guide to distinguishing fact from fiction in the era of "fake news" was announced Monday as the winner of the $30,000 National Business Book Award.

Neuroscientist Daniel J. Levitin said he was prompted to write A Field Guide to Lies: Critical Thinking in the Information Age (Allen Lane Canada) as a response to the "Balkanization of the news over the last 15 years."



"We used to get all of our news from a few places," Levitin said after his win. "Now, there are thousands of them, and they're not all equally stable countries; they're not all equally good.

"So, I think it's increasingly important for everybody to know how to make sense out of various things that come across their computers, their phones and their desks."

The term "fake news" has quickly become a part of the modern lexicon, whether it's used by U.S. President Donald Trump to denounce unfavourable media coverage, or by content aggregators like Facebook attempting to stop the spread of misinformation.

While it may be a succinct way to summarize factually-flawed or inaccurate stories, Levitin is not a fan of the term.

"I think it's a euphemism that we should reject, because it's not like it's a kind of news," he said. "Putting the word 'fake' in front doesn't make it news."

Levitin said the main takeaway from his book — which is now being published under the title "Weaponized Lies: How to Think Critically in the Post-Truth Era" — is that it doesn't take as much time as people fear to think in an evidence-based manner, and that the investment is worth the effort.

"Kids who do this do better in school. When we have important health and financial decisions to make, having a set of tools that we can use, I think, is essential, and that's what the book is designed to give."

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metro SPORTS

Maria Sharapova will return to competitive tennis on Wednesday, less than 24 hours after the end of her 15-month suspension for a doping offence

All Powell-ful Norm

NBA PLAYOFFS

Raptors offence fires on all cylinders at 58% from the floor

Kyle Lowry and DeMar DeRozan were delighted to yield the spotlight to Norman Powell for a night.

Powell scored a career playoff-high 25 points on an array of dunks and long bombs to lift the Raptors to a 118-93 blowout of the Milwaukee Bucks. Now the Raptors head back to Milwaukee for Thursday's Game 6 with a 3-2 series lead, and within one win from the Eastern Conference semifinal.

In the moments after the victory, Lowry insisted Powell sit centre-table at the press-conference podium. He gleefully teased Powell, saying in a sing-song voice, "You're going to the podium."

On a night that Lowry was fighting a bad back, and DeRozan was more of a playmaker than scorer, the 23-year-old Powell was a "spark plug," said coach Dwane Casey.

"He's the X factor," Casey said. "So many times you're so concerned about DeMar and Kyle, rightfully so, that that next spark plug, that next guy, the next instigator is the guy. In this series, he's been the X factor.

"Next game it might be a different story but he's done an excellent job of playing off those two and taking what the game's giving him, whether it's the three-point shot or attack to the basket."

Norman Powell of the Raptors reacts after making a basket on Monday night in Toronto.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Powell led six Raptors in double figures. Serge Ibaka finished with 19 points, DeRozan added 18, and Lowry — whose back was so tight that when he wasn't on the court, he was lying on his back in front of the bench — finished with 16 points and 10 assists.

GAME 5 In Toronto

118	93

Casey said you'd have to "take an arm and a leg off (Lowry) before you keep him from playing."

"I'm all right," Lowry said afterward. "This is the playoffs. The opportunity to play, enjoy my teammates, and a great game, be out there with my guys. There's nothing like that. I'm going to take the bumps and bruises to be able to go on the floor and be with our guys. Especially with the way Norm played tonight, it made it way more worth it."

DeMarre Carroll chipped in with 12 points, while Cory Joseph had 10. Toronto's 28 assists were a franchise record for the post-season.

Giannis Antetokounmpo led the Bucks with 30 points and nine rebounds.

The Raptors shot a sizzling 58 per cent on the night, and 44 per cent from three-point range.

The Raptors and Bucks split the first two games in Toronto, then split their two games in Milwaukee.

A Game 7, if necessary, would be back in Toronto on Saturday.
THE CANADIAN PRESS

NFL

Odds of a Sherman trade are low: GM

As has often been the case for the past month, Seattle Seahawks general manager John Schneider had to address the latest Monday about star cornerback Richard Sherman and his future.

From Schneider's position, nothing the Seahawks have heard thus far leads him to believe that Sherman will be traded.

"Right now we've kind of moved past it and if somebody calls and goes crazy with something then we'll discuss it again," Schneider said. "I don't mean go crazy, but you know what I mean. Like, give you compensation where it's something where you really, truly have to think about it and consider it, then we would have to consider it. And we could consider it because, like I said, it's been a mutual thing. It's OK. And we feel like it would clear cap room and we would be able to get younger, but that's the only reason we'd do it. I mean, the guy's one of the top cornerbacks in the league. You don't just give him away."

Richard Sherman
GETTY IMAGES

The Sherman situation has hung over the Seahawks since Schneider first acknowledged last month that the club had trade discussions with other teams regarding the outspoken, former All-Pro cornerback. Those discussions came after a season during which some of Sherman's actions seemed to take precedence over his play on the field.
THE ASSOCIATED PRESS

IN BRIEF

Sharks' Thornton to undergo knee surgery

San Jose Sharks centre Joe Thornton will undergo surgery to repair torn ligaments in his left knee before becoming a potential free agent this summer.

Thornton tore the ACL and MCL in his knee on April 2 in Vancouver but still returned to play San Jose's final four playoff games in a first-round loss to Edmonton. The Sharks say Thornton will have the operation Monday.
THE ASSOCIATED PRESS

Cubs bats go off vs. Pirates

Addison Russell set a career high with four hits, Jason Heyward homered for the third time in four games and drove in four runs as the Chicago Cubs jumped on the Pirates early in a 14-3 victory on Monday night in Pittsburgh.

Ben Zobrist added three RBIs for Chicago as the defending World Series champions won for the fifth time in six games. Anthony Rizzo had three hits to extend his hitting streak to 13 games. THE ASSOCIATED PRESS

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MAKE IT TONIGHT

Non-traditional Sweet Potato and Carrot Latkes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

These latkes are less traditional but we've had these sweet patties approved by more than one Bubbie.

Ready in 20 minutes
Prep time: 10
Cook time: 10
Serves 4

Ingredients
- 2 large sweet potatoes, peeled, shredded and squeezed of all their liquid
- 2 large carrots, peeled and shredded and squeezed of all their liquid
- 1 scallion, finely chopped
- 3 eggs, beaten
- 1/3 cup spelt flour
- 1 tsp salt
- 1 tsp cinnamon
- 1/2 cup grapeseed oil, approx.

Serve with applesauce and chive sour cream

Directions

1. Peel and chop potatoes and carrots. Once you have everything shredded, squeeze any liquid from them.

2. Heat oil in a deep 12-inch non-stick skillet over medium high heat until hot. Working in batches, spoon about 1/8 cup of potato mixture into pan and flatten with a slotted spatula. Reduce heat and cook until golden brown, about 1 1/2 minutes. Flip and cook on the other side. Remove latkes from pan and place on a paper towel to drain.

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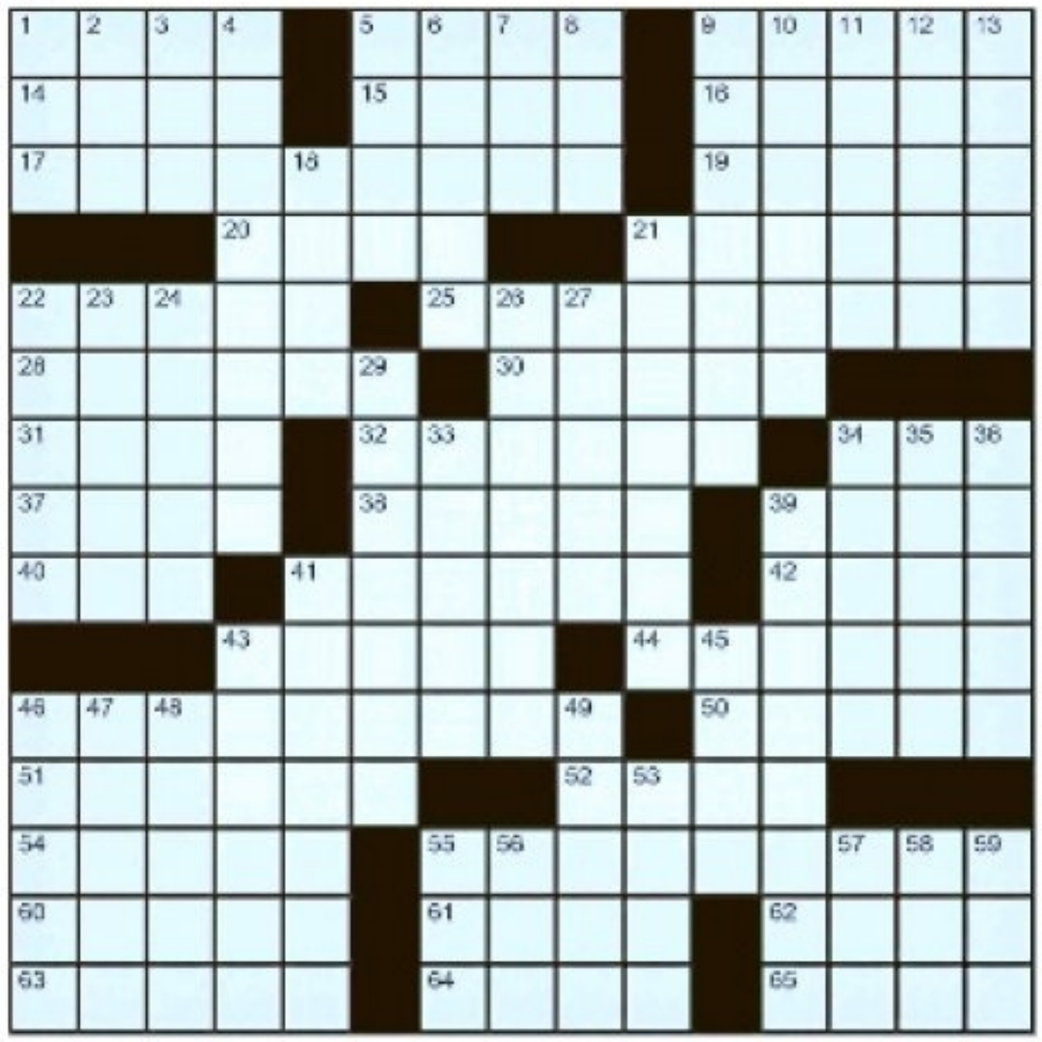
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Ricky Martin's "Livin' La Vida __"
5. Well protected
9. Diamond points in baseball
14. Sci. class
15. Take apart
16. Construe
17. The brightly painted abodes that St. John's is famous for ...first word here, second and third words of answer at #25-Across
19. Indian†Ocean arm, __ Sea
20. Pink, in Madrid
21. "King __" by Elvis Presley
22. Garnish atop a plate of spaghetti
25. Continuation of the Newfoundland-themed clue at #17-Across
28. Name dropped by John Mellencamp
30. Campus groups, e.g.
31. Hurry
32. Fairylike
34. Discontinuity
37. Without _ __ (Daringly)
38. Enumerates
39. Sea lettuce
40. Docs
41. Formulate
42. Complain
43. Got word
44. Rubble
46. Saskatchewan: Rural Municipality of __ __ No. 108
50. Laconically
51. Insight
52. Confine
54. Ms. Blair of acting
55. Showy red flower
60. Stories
61. 'Breath' candy
62. The Kinks hit
63. Nap noisily
64. Lays, in landscaping
65. Competently

DOWN
1. President after JFK
2. Goose, in Quebec City
3. Mil. officer
4. "Okay.": 2 wds.
5. Stand-in profs
6. Poet's 'close by'
7. US health-related agcy.
8. Time division
9. Here Comes the Bride! Engage, 1800s-style
10. Farewells, in France
11. Wrestlers of Japan
12. School: French
13. Ecological stages
18. Fitness class with a mat
21. Made a gliding step in ballet
22. "Vamoose!"
23. Hammer
24. Schemes
26. Out of the lines in sports
27. Legal documents
29. Brush up on
33. Book, in a Quebec library
34. Lady Gaga's "The Edge of __"
35. Be of service
36. Popular garden flower
39. Rainy day implement
41. Expire on Earth
43. Tailor, at times
45. Uptight
46. Rope fibres
47. Atlantic __
48. Void, in Venice
49. _ _ _ The Sunshine Band
53. __ & Sciences
55. Pre-afternoon hrs.
56. "O Sole __"
57. Tennis shot
58. Feeling fluish
59. Enunciate

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a powerful day for you. The Moon and Mercury are in your sign, which gives you good fortune and a levelheaded mind for making future plans.

Taurus April 21 - May 21
Behind-the-scenes research will go well today, because you won't overlook details. For you, the job is everything, and you want to get it done.

Gemini May 22 - June 21
Someone older or more experienced will give you excellent advice today. Listen to others, because it will help you — and don't we all need all the help we can get?

Cancer June 22 - July 23
A discussion with a boss or someone in a position of authority will go well today. This person is impressed with you, and the feeling is mutual. Listen to what he or she says.

Leo July 24 - Aug. 23
It's easy to study deep subjects today. This also is an excellent day to make travel plans. Profound discussions about politics, religion and racial issues might also occur.

Virgo Aug. 24 - Sept. 23
Tie up loose ends pertaining to taxes, debt, inheritances and shared property today, because you have the right mindset for doing this. You are focused and will not overlook details.

Libra Sept. 24 - Oct. 23
A discussion with a partner or close friend will focus on practical matters today, because you are in a practical frame of mind. Outline your expectations for how to do something.

Scorpio Oct. 24 - Nov. 22
This is a productive day at work because you are very hands-on and ready to do things. It doesn't matter how mundane or menial the task is — you want to finish the job.

Sagittarius Nov. 23 - Dec. 21
Whether in the arts or in sports, practice makes perfect. Today you are prepared to practice and hone your skills. Good for you.

Capricorn Dec. 22 - Jan. 20
Talk to a family member, especially someone older or more experienced, because he or she will have good advice for you today. Perhaps you want to deal with home repairs?

Aquarius Jan. 21 - Feb. 19
This is an excellent day for planning and discussing future plans with others. You want to take a long-term view of things and plan something you've been thinking about.

Pisces
Feb. 20 - March 20
If shopping today, you will want to buy long-lasting, practical items only. Financial security is important today. (No silly or impulse purchases for you!)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			4	7		3		8
	6						4	
		3			9			5
7			8			2		
5								7
		9			6			4
8			6			7		
	3						9	
6		1		8	5			

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

6	9	2	1	8	4	3	7	5
4	1	7	3	5	9	2	8	6
5	3	8	6	7	2	1	4	9
2	8	5	4	1	6	9	3	7
9	4	1	5	3	7	8	6	2
7	6	3	9	2	8	5	1	4
3	2	6	8	4	5	7	9	1
8	7	4	2	9	1	6	5	3
1	5	9	7	6	3	4	2	8

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